

# Group Fitness Class Schedule: June 2<sup>nd</sup> - July 5<sup>th</sup>, 2014

All fitness classes are held in Aerobics Room A unless otherwise stated. Cycling classes are held in the cycling room in the rear of the building.

KEY: ★ NEW Class ☼ TIME Change (#) Class Maximum

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>	<b>AM CLASSES</b>
8:00A-8:50A <b>ZUMBA FLAVORS</b> Instructor: Barb (30) <i>**Aerobics Room B**</i>	7:45A-8:15A <b>BUTT &amp; GUT</b> Instructor: Michelle (30)	8:00A-8:50A <b>ZUMBA FLAVORS</b> Instructor: Barb (30) <i>**Aerobics Room B**</i>	6:00A-6:50A <b>YOGA-ALL LEVEL</b> Instructor: Dawna (30)	7:15A-8:15A <b>GENTLE YOGA</b> Instructor: Dawna (30) <i>**Assembly Room**</i>	7:15A-8:10A <b>MUSCLE CONDITIONING</b> Instructor: Susan (40)
8:30A-9:30A <b>PILATES</b> Instructor: Lynda (30)	8:25A-9:25A <b>ZUMBA</b> Instructor: Michelle (30)	8:30A-9:30A <b>PILATES</b> Instructor: Lynda (30)	8:30A-9:30A <b>MUSCLE CONDITIONING</b> Instructor: Susan (40)	8:30A-9:30A <b>BOOT CAMP-CONDITIONING</b> Instructor: Susan (40)	8:20A-9:20A <b>CARDIO RHYTHM4S</b> Instructor: Susan (30)
9:00A-9:30A <b>EXPRESS CYCLE</b> Instructor: Barb (10)	9:40A-10:40A <b>PILATES</b> Instructor: Marie (30)	9:40A-10:40A <b>CYCLE</b> Instructor: Molly (10)	9:45A-10:45A <b>YOGALATES</b> Instructor: Susan (30)	8:30A-9:30A <b>PILATES</b> Instructor: Marie (30)	9:30A-10:00A <b>BUTT &amp; GUT</b> Instructor: Susan (30)
9:45A-10:15A ★ <b>POWER TONE: ARMS</b> 10:20-10:50 ★ <b>POWER TONE: LEGS</b> Instructor: Barb (30)	11:00A-12:00P <b>PRIME TIME FITNESS</b> Instructor: Jenny (35)	9:40A-10:40A <b>ZUMBA GOLD</b> Instructor: Michelle (30)	11:00A-12:00P <b>PRIME TIME FITNESS</b> Instructor: Jenny (35)	9:30A-10:00A <b>MUSCLE UP! (6)</b> 10:10A-10:40A <b>EXPRESS CYCLE (10)</b> Instructor: Molly <i>**Cycle Room**</i>	10:10A-11:10A <b>PiYo STRENGTH</b> Instructor: Amy (40)
11:00A-12:00P <b>PRIME TIME FITNESS</b> Instructor: Jenny (35)	12:15-1:00P ★ <b>SILVER SNEAKERS-YOGA</b> Instructor: Jenny (35)	10:50A-11:50A <b>YOGA-ALL LEVEL</b> Instructor: Deanna (30)	12:15-1:00P ★ <b>SILVER SNEAKERS</b> Instructor: Jenny (35)	9:50A-10:50A** <b>YOGA-ALL LEVEL</b> Instructor: Heather (30) <i>**Class may be extended for optional meditation</i>	11:15-12:15A <b>ZUMBA</b> Instructor: Amy (40)
12:30P-1:30P <b>GENTLE YOGA</b> Instructor: Deanna (30)			3:00P-3:50P ★ <b>FAMILY DANCE FIT!</b> Instructor: Michelle (30)		

PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Sunday
5:00P-5:30P <b>BUTT &amp; GUT</b> Instructor: Susan (30)	4:00P-4:50P <b>ON THE BALL</b> Instructor: Susan (30)	4:00P-4:30P ★ <b>POWER TONE: ARMS</b> 4:35-5:05P ★ <b>POWER TONE: ABS</b> Instructor: Susan (30)	4:00P-4:30P ★ <b>POWER TONE: LEGS</b> 4:35-5:05P ★ <b>POWER TONE: BACK</b> Instructor: Susan (30)	1:00P-2:00P <b>ZUMBA GOLD</b> Instructor: Michelle (30)	10:15-11:15 <b>ZUMBA</b> Instructor: Amy (40)
5:35P-6:35P <b>CARDIO CIRCUIT</b> Instructor: Susan (40)	5:00P-6:00P <b>20/20/20</b> Instructor: Susan (30)	5:10P-6:05P <b>YOGALATES</b> Instructor: Susan (30)	5:10P-6:10P <b>BODY MAX</b> Instructor: Susan (30)		11:30A-12:30A <b>PiYo STRENGTH</b> Instructor: Amy (40)
6:00P-6:50P <b>ZUMBA TONING</b> Instructor: Carole (35) <i>**Multipurpose Room**</i>	5:30P-6:30P <b>POWER CYCLE</b> Instructor: Amy (30)	6:15P-7:15P <b>ZUMBA</b> Instructor: Carole (40)	6:15P-7:00P <b>ZUMBA TONING</b> Instructor: Lisa (30)	<p><i>Fitness classes are designed for participants 15 years and older. Children 11 years and under are <b>NOT</b> permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children ages 18 mo-7 yrs while the parent is on site. Valid daily pass or membership is required for use of this service.</i></p> <p><b>KIDDY KORNER HOURS:</b> <b>Monday-Friday:</b> 8am-12pm / 4pm-8:15pm, <b>Saturday:</b> 8am-2pm</p>	
7:00P-8:00P <b>ZUMBA</b> Instructor: Carole (50)	6:05P-7:05P <b>BODY MAX</b> Instructor: Susan (30)	7:20P-7:50P <b>BUTT &amp; GUT</b> Instructor: Carole (30)	7:10P-8:10P <b>ZUMBA</b> Instructor: Lisa (45)		
7:15P-8:15P <b>YOGA-ALL LEVEL</b> Instructor: Rachel (30) <i>**Assembly Room**</i>	7:15P-8:15P <b>PILATES</b> Instructor: Marie (30)		7:15P-8:15P <b>YOGA-ALL LEVEL</b> Instructor: Dawna (30) <i>**Assembly Room**</i>		

## CLASS DESCRIPTIONS:

**20/20/20:** Looking to improve your strength, flexibility, and achieve your desired weight? Try 20 minutes of cardio, 20 minutes of muscle conditioning and 20 minutes of core training/stretching. Designed to give an all-over workout and help achieve your fitness goals.

**Beginning Kickboxing:** Want to know the basic punches and kicks? Want to burn calories in a fun and dynamic way while getting rid of your stress? This class is for YOU! No experience is necessary and you will increase your coordination, endurance, and flexibility. *Bring a towel & water bottle!*

**Body Max:** This class will utilize the body's maximum potential for conditioning and toning the body. Use of free weights, resistance bands, flex ball, and core conditioning will give you an all-around great workout.

**Boot Camp-Conditioning:** Focus on building strength and toning muscles while integrating cardio into this powerful workout that gains great results!

**Butt & Gut:** This 30 min. class focuses on core strengthening & toning your glutes while incorporating leg and lower back exercises to maintain muscle balance.

**Cardio Circuit:** Take your cardio dance to a new level with energetic music, intervals of easy to learn moves, and lightweight toning movement. This class focuses on overall muscle conditioning with maximum calorie burn, with an emphasis on abs & glutes.

**Cardio Rhythms:** Sets of aerobic and strength exercises are intertwined with multiple repetitions to maximize results by building strength, stamina, and weight loss.

**Cycle:** This indoor cycling class can burn 300-600 per session. Class focuses on cardio challenges, hill climbs, and varied speeds and resistance. *Bring a towel & water bottle!*

**Express Cycle:** This 30 min. cycle class is perfect for those looking for a quick and intense cardio workout, while given the ability to work at your own pace and controlling the intensity of your workout. *Bring a towel & water bottle!*

**Family Dance Fit!** This energetic fitness class is designed for all ages from 7-99 years and will feature dance fitness routines from salsa to country. Bring the kids, a friend, or just yourself to get a great workout in a fun and family-friendly atmosphere.

**Muscle Conditioning:** A weighted workout set to the rhythm of music, this class will help you get a cardio workout along with strength and endurance through the use of dumbbells, bands, and a flex ball.

**Muscle Up!** Interested in small group training? With only 6 participants max you will get personal attention to make sure you are exercising properly. This class includes building your endurance, cardio and strength by using a variety of tools to get your body in tip top shape! Beginner or hard core this is the class for you!

**On the Ball:** Strengthen and tone your core and key muscle groups in a fun, dynamic class using stability balls. You are guaranteed to have a ball and get a good workout in this class!

**Pilates:** This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/pilates mat is recommended for this class.*

**PiYo:** PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**Power Cycle:** This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and strength.

**Power Tone Series:** This 30 minute classes target specific areas of your body, toning those problem areas! This class will breeze by with a speedy format that is fun and effective!

**PrimeTime Fitness:** This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at more advanced level than the Silver Sneaker program. *(formerly named "Senior Fitness")*

**Silver Sneakers/Yoga:** This class is designed for men and women 55+ years old or those looking for a gradual return to peak fitness levels. Consisting of a variety of exercises to improve balance, strength, and cardiovascular health which incorporates stretching, aerobics, and relaxation.

**Tabata:** Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 8 times throughout the class.

**Tone & Stretch:** This class blends lightweight toning and deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

**Total Body Conditioning:** This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

**Yoga-All Level:** This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/pilates mat is recommended for this class.*

**Yogalates:** This blend of yoga and pilates moves will help you relax while you tone and strengthen your core and entire body.

**Zumba:** This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

**Zumba Gold:** This adaptation of a Zumba class brings the thrill of the dance party to a modified, low-impact environment for active adults who want to move at their own speed.

**Zumba-Flavors:** Love the Zumba Party and all the Zumba Rhythms? Then this class is for you! This class will bring the cardio, the strength and the flexibility by incorporating a variety of Zumba licenses to bring "the party" to your workout each time you come.

**Zumba-Toning:** This innovative muscle training program uses light weight toning sticks to give you a great workout with the fun of a Zumba dance party.

Class sizes are limited and passes for the class can be picked up **no earlier than 1 hr** prior to the start of class from the front desk. The instructor will collect all passes at the start of class.

Closed toed shoes are required with the exception of yoga classes. Please let instructor know of any physical limitations or injuries prior to the start of class.